

Nature Programs–Rockwood

15

For more details on these nature programs, call Judy Brown at 745-7020.

Wednesdays at Rockwood Nature Center

Children who are 6-12 years old will enjoy these weekly programs. Register at least week in advance.

\$3 per person

Details: Noel Losen, 748-1129

Piece Parts

Why are animals shaped the way they are? Become a mad scientist and find out what happens when the pieces are mixed together.

Wednesday, June 16, 1:30-2:30 p.m.

Course #9875

Creatures from the Deep

Use a microscope and take a hands-on tour of creatures lurking at the bottom of ponds and lakes.

Wednesday, June 23, 1:30-2:30 p.m.

Course #9876

Water Works

Water, water everywhere. But where does it come from, and what does it do? Explore the water cycle with us.

Wednesday, June 30, 1:30-2:30 p.m.

Course #9877

Raccoon Prowl

What does a young raccoon do when it gets up in the morning? Put on your ringed tail and mask and explore its world.

Wednesday, July 7, 1:30-2:30 p.m.

Course #9878

Web Spinners

Discover the sticky welcome mat for anybody who happens to pass by. Come join us in the spider's web.

Wednesday, July 14, 1:30-2:30 p.m.

Course #9879

Frogs R Us

Where does a frog live, and why? Explore the world of frogs and their neighbors.

Wednesday, July 21, 1:30-2:30 p.m.

Course #9880

Pond Water Soup

Yum! What a delicious soup mother nature has served us. Learn what's really in the water and how it got there.

Wednesday, July 28, 1:30-2:30 p.m.

Course #9881

This Old Nest

If you were a bird, where would you build your nest? What would it be made of? Wing with us through the park to discover the best spots.

Wednesday, Aug. 4, 1:30-2:30 p.m.

Course #9882

Tree-mendous Tour

What is it like to be a tree? How do they eat and drink? Find out these answers, and more!

Wednesday, Aug. 11, 1:30-2:30 p.m.

Course #9883

Older Adult Programs

Discover Chesterfield – A Walking Club Be Active For Life – AARP

This walking program is designed to introduce participants to Chesterfield County parks, open spaces and greenways, while meeting new walking partners. Once a month, an organized walk will be led by Chesterfield County Parks and Recreation Department staff. The walk will take place at a different county park, open space or greenway each month. Throughout the month, as you Discover Chesterfield, you can walk on your own or pair with new walking partners. Organized walks will be scheduled on the first Tuesday of the month. Call to sign up for the club and to receive a detailed schedule.

Tuesdays, 9 a.m.

FREE

Course #7479

May 4 Harrowgate Park, 4000 Cougar Trail

June 1 Robious Landing Park, 3800 James River Road

July 6 Daniel Park at Iron Bridge, 6600 Whitepine Road

Aug. 2 Rockwood Park, 3401 Courthouse Road

Details: Judy Jones, 751-4135

Super Senior Passport Information

The Super Senior Passport program allows Chesterfield County residents 60 years old and older to take select courses **FREE** at the Chesterfield Community Technology Center. Computer program participants automatically become members of the Super Senior Passport program.

Super Senior Passport – Computer Concepts

This class, for participants 60 years old and older, covers an introduction to computers, including computer hardware, software, basic Windows commands, word processing and the World Wide Web. Participants should be prepared to research a favorite topic.

Chesterfield Technical Center, 10101 Courthouse Road

Mondays and Wednesdays, 1-3 p.m.

June 28-July 7 (no class 7/5)

FREE

Course #9660

July 12-July 19

FREE

Course #9661

July 26-Aug. 2

FREE

Course #9662

Details: Mark Pinney, 748-1992

Super Senior Passport – The Internet

This two-day class will give participants 60 years old and older an overview of the type of information available on the World Wide Web and show them how to search for topics of interest. Begin surfing with confidence.

Chesterfield Technical Center, 10101 Courthouse Road

Tuesdays and Thursdays, 1-3 p.m.

June 29-July 1

FREE

Course #9663

July 6-July 8

FREE

Course #9664

July 13-July 15

FREE

Course #9665

Details: Mark Pinney, 748-1992

For more older adult programs,
see pages 7, 16 and 17.

Senior Tennis

Organized for tennis players of all levels, 55 years old and older. Meet new tennis partners during weekly play. Times vary according to season. Mondays, ongoing.

Rockwood Park, courts 1-9

FREE

Details: Judy Jones, 751-4135

Senior Golf

Designed for golf players of all levels, 60 years old and older. Here is your chance to meet new golf partners during weekly play.

You must register in advance.

Providence Golf Course, 1160 S. Providence Road

Wednesdays, April 7-Oct. 27, 8 a.m.

\$25 (includes 18 holes and a cart, payable on site)

Details: Ed Bergin, 794-1097

Seniorcise

Stretch, reach and march yourself to a healthier and more fit condition. This upbeat and challenging class is set to music of the 1940s and 50s. Athletic shoes are suggested. Membership not required. Instructor: Laura Heidig.

American Family Fitness, 9101 Midlothian Turnpike

Mondays and Wednesdays, noon-1 p.m.

June 21-Aug. 25

\$40 Course #9725

Register by June 16.

Details: Judy Jones, 751-4135

Get in the Know!

A monthly program designed for adults 55 years old and older. Learn, explore, recreate and educate. This program is made possible by the cooperative efforts of LaPrade Library, the Friends of the LaPrade Library and Chesterfield County Parks and Recreation Department. Call to register at least one week in advance.

LaPrade Library, 9000 Hull Street Road

FREE Course #9465

Details: Judy Jones, 751-4135 or Evelyn Dawson, 276-7755

Identity Theft and Mail Fraud

An inspector from the United States Postal Inspection Service will discuss identity theft and fraud.

Thursday, May 6, 10:30 a.m.-noon

Genealogy

Angie Wilderman, volunteer at the Chesterfield Historical Society, will give a brief introduction on researching your ancestors and what resources are available.

Thursday, June 3, 10:30 a.m.-noon

**More older adult programs are
held at Bensley and Ettrick.
See pages 5-9.**

NEW! Crafts

LaPrade Library, 9000 Hull Street Road

Details Judy Jones, 751-4135

Frog Gourd

Participants 50 years old and older will enjoy painting a frog (a real handsome dude) on a gourd. Instructor is Bobbi Whitlock. Register by June 7.

Monday, June 14, 10 a.m.-2 p.m.

\$22 Course #9818

Frame the Moment

Participants 50 years old and older are invited to decorate a picture frame by painting a beautiful snow scene. Instructor is Bobbi Whitlock. Register by Aug. 10.

Monday, Aug. 16, 10 a.m.-2 p.m.

\$22 Course #9819

Senior Center of Richmond at Chesterfield

Located in The Featherstone Professional Center, 1807 Huguenot Road, Suite 105, this center is a satellite of the Senior Center of Richmond, which is a United Way agency serving adults 50 years old and older. Programs include dance, language classes, card and game groups, health and fitness, special events and trips.

Mondays-Fridays, 9 a.m.-4:30 p.m., some evenings

Details: 594-2339

**Lifelong Learning Institute in
Chesterfield County**

Imagine a learning environment for retirees where the goal is intellectual stimulation with a dose of fun and where there are no prerequisites, homework is optional and exams are prohibited. This program is being initiated in Chesterfield County where retirees take college level courses for non-credit. Would you like to be on our mailing list? Would you like to teach? Please call us if you know of someone who lives in Chesterfield who would like to participate, learn or teach.

Details: Debbie Leidheiser at Brandermill Woods, 744-1173

**TRIAD/S.A.L.T. Council of Seniors and Law
Enforcement Together**

TRIAD is a cooperative effort among the Chesterfield County Police Department, the Chesterfield County Sheriff's Office and county seniors committed to enhancing the quality of life for senior citizens and reducing crime. Meetings are held the third Thursday of each month.

Details: Judy Jones, 751-4135

Chesterfield TRIAD Senior Day

Chesterfield County TRIAD Senior Day is an opportunity for senior adults to visit with more than 50 businesses and nonprofit agencies to learn about opportunities and services to make life safe, active and more enjoyable. Enjoy entertainment, featuring singer Tom Netherton of "The Lawrence Welk Show," and informational booths, door prizes and speakers. Special appearances by Bowman Body and Floyd Henderson.

Chesterfield County Fairgrounds Exhibition Hall

Wednesday, May 5, 9 a.m.-1 p.m.

FREE

Details: Judy Jones, 751-4135

The Chesterfield Traveler

Trips for adults 50 years old and older.

Details: Judy Jones, 751-4135

Tides Inn and Lunch Cruise

Visit the Tides Inn and enjoy a buffet lunch cruise on Carter's Creek and the Rappahannock River aboard the Tides Inn's Miss Ann. After the cruise, visit Christ Church in Irvington. A Virginia and National Historic Landmark, Christ Church is considered one of America's most beautiful and authentic colonial churches.

Register by May 3.

Monday, May 17 \$76 Course #9479

Pick up: Breckenridge Square, 8:30 a.m. Return 6:30 p.m.

Pick up: Beaufont Mall, 9 a.m. Return 6 p.m.

The Kennedy Center Presents: "The Producers"

Join us for a good laugh at "The Producers," a Tony-Award-winning musical comedy by Mel Brooks, at the Kennedy Center, a national performing arts center in Washington, D.C. Prior to the matinee, enjoy lunch at the Tom Sarris Orleans House.

Register by June 16.

Wednesday, June 30 \$140 Course #9502

Pick up: Breckenridge Square, 8:30 a.m. Return 7 p.m.

Pick up: Beaufont Mall, 9 a.m. Return 6:30 p.m.

Fredericksburg's Riverside Theatre Presents "Oklahoma!"

Enjoy seeing "Oklahoma!," a Rodgers and Hammerstein masterpiece featuring such familiar musical highlights as "Oh What a Beautiful Morning," "People Will Say We're in Love" and "Oklahoma." The Riverside Theatre, one of the most popular dinner theaters in Virginia, will serve a gourmet dinner before the curtain rises. Register by July 7.

Wednesday, July 21 \$72 Course #9799

Pick up: Breckenridge Square, 10 a.m. Return 7:30 p.m.

Pick up: Beaufont Mall, 10:30 a.m. Return 7 p.m.

Smith Mountain Lake

Enjoy a two-hour lunch cruise aboard the popular "Virginia Dare," a 19th century side wheeler. In the afternoon travel to Bedford for a guided tour of the National D-Day Memorial. Register by Aug. 31.

Tuesday, Sept. 14 \$80 Course #9798

Pick up: Breckenridge Square, 7:30 a.m. Return 7:30 p.m.

Pick up: Beaufont Mall, 8 a.m. Return 7 p.m.

River Tours II

Embark on a two-part program that takes you by foot and pontoon boat to explore the wildlife and history of the Dutch Gap Conservation Area. Search for bald eagles, herons, muskrats and more. Fee includes interpretive guide, boat tour and binoculars. Bring a snack and drink to enjoy on the boat. All programs meet at Henricus Historical Park Visitor Center. Register at least one week in advance of each trip.

Date and Time	Fee	Course #
Tuesday, June 8, 8-10 a.m.	\$8	9585
Thursday, June 24, 8-10 a.m.	\$8	9586
Thursday, July 22, 8-10 a.m.	\$8	9587
Wednesday, Aug. 4, 8-10 a.m.	\$8	9588
Friday, Sept. 3, 8-10 a.m.	\$8	9589
Tuesday, Sept. 21, 8-10 a.m.	\$8	9590

Details: Mark Battista, 706-9690

Amphill Senior Programs

Programs listed below highlight activities taking place at the Amphill Presbyterian Church, located at 2800 Falling Creek Ave., from January thru April, 2004. These programs are made possible by the cooperative efforts of Chesterfield County and funding by Community Development Block Grant.

Low-Impact Aerobics for Seniors II

An aerobic workout that will include exercises and basic steps set to music. This class will include a low-impact cardiovascular workout with warm-up and cool-down exercises. Some strength training and stretching will be included. The instructor will be Kerri Helsley.

Details: Judy Jones, 751-4135

Session 1: (Not held June 21 or June 24)

Mondays, May 3-June 28, 9-10 a.m. \$12 Course #9716

Thursdays, May 6-July 1, 9-10 a.m. \$12 Course #9717

Session 2: (Not held July 19 or July 22)

Mondays, July 5-Aug. 30, 9-10 a.m. \$12 Course #9718

Thursdays, July 8-Sept. 2, 9-10 a.m. \$12 Course #9719

Introduction to Yoga II

This course is appropriate for students of all fitness levels. It will incorporate easy physical postures, deep relaxation, breathing practices and meditation to help you reduce stress, improve mental and physical balance, strength and flexibility, and increase your sense of well-being. The Certified Integral Yoga instructor is Kerri Helsley.

Details: Judy Jones, 751-4135

Session 1: (Not held June 21 or June 24)

Monday, May 3-June 28, 10:20-11:20 a.m. \$12 Course #9720

Thursday, May 6-July 1, 10:20-11:20 a.m. \$12 Course #9721

Session 2: (Not held July 19 or July 22)

Monday, July 5-Aug. 30, 10:20-11:20 a.m. \$12 Course #9722

Thursday, July 8-Sept. 2, 10:20-11:20 a.m. \$12 Course #9723

Crafts II

Come have fun while you learn to create a new craft taught by Bobbi Whitlock. Fee includes instruction and all supplies.

Details: Judy Jones, 751-4135

Love, Joy, Peace

Paint three plaques with the words love, joy or peace.

Friday, May 28, 9 a.m.-1 p.m. \$10 Course #9814

Goldfish Bowl

Paint goldfish on the outside of a goldfish bowl.

Friday, June 25, 9 a.m.-1 p.m. \$10 Course #9815

New Neighbors

A beehive, birdhouse and butterfly house will be painted on a jar with summer vines and flowers.

Friday, July 30, 9 a.m.-1 p.m. \$10 Course #9816

Frosty the Snowman

Frosty will be painted on a scalloped heart shaped plaque.

Friday, Aug. 27, 9 a.m.-1 p.m. \$10 Course #9817